


# WEIGHT GAIN

*During Pregnancy*

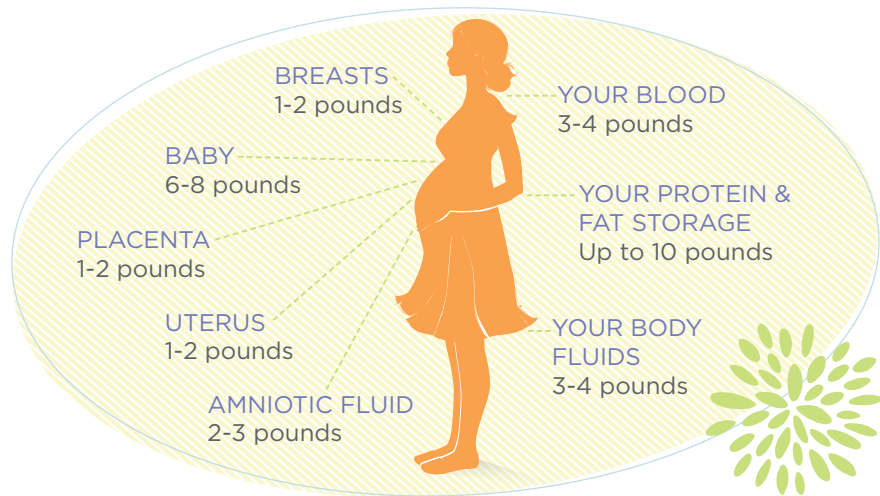
- ❖ Gaining the right amount of weight is important for a healthy pregnancy and a healthy baby.
- ❖ Eating well in pregnancy means **eating twice as healthy**, not eating twice as much.
- ❖ Look inside to learn more. 



# Reasons to stay on **TRACK** with your weight during pregnancy

*Do I need to gain a lot of weight to have a healthy baby?*

Not really. You should gain weight gradually during your pregnancy. Your baby will weigh about 6 to 8 pounds. The rest of the weight is important for getting your body ready to breastfeed your baby after birth. Any extra weight becomes fat that is harder to lose after delivery.



*What happens if I gain too much weight while I am pregnant?*

Gaining too much weight during your pregnancy might cause:

- ❖ High blood pressure
- ❖ Gestational diabetes
- ❖ Need for C-section
- ❖ Extra weight to lose after delivery
- ❖ Early delivery (premature baby)
- ❖ A very large baby
- ❖ Your child to become overweight

Not gaining enough weight during pregnancy can also be a problem. Ask WIC or your doctor if you have questions about your weight gain.

*This institution is an equal opportunity provider.*



# Tips to stay on **TRACK** with your weight during pregnancy

*What should I eat during my pregnancy?*

A healthy diet is important during pregnancy. WIC foods will help you and your growing baby get the nutrition you need. Here are some healthy meal ideas using WIC foods:

	SAMPLE 1	SAMPLE 2	SAMPLE 3
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• WIC cereal</li> <li>• Non-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Whole wheat tortillia</li> <li>• Non-fat milk</li> <li>• Fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal with raisins</li> <li>• Nuts</li> <li>• Non-fat milk</li> </ul>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Cottage cheese</li> <li>• Fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Peanut butter</li> <li>• Crackers</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Grilled cheese sandwich on whole wheat bread</li> <li>• Sliced tomatoes</li> <li>• Non-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna salad</li> <li>• Fresh vegetables</li> <li>• Non-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>• Egg salad</li> <li>• Whole wheat bread</li> <li>• Fresh vegetables</li> <li>• Non-fat milk</li> </ul>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>• Peanut butter</li> <li>• Celery</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese</li> <li>• Carrot sticks</li> </ul>	<ul style="list-style-type: none"> <li>• Frozen fruit smoothie</li> </ul>
<b>DINNER</b>	<ul style="list-style-type: none"> <li>• Chicken quesadilla</li> <li>• Green salad</li> <li>• Non-fat milk</li> <li>• Canned fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Stir fry vegetables</li> <li>• Tofu</li> <li>• Brown rice</li> <li>• Non-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>• Bean and cheese burrito with whole wheat tortilla</li> <li>• Broccoli</li> <li>• Non-fat milk</li> </ul>

*I can't fight the cravings, what should I do?*

IF YOU CRAVE	TRY EATING ...
Ice cream →	Non-fat frozen yogurt or a popsicle
Soda/cola/pop →	Fruit juice or flavored water
Doughnuts/cookies/cake →	Whole-grain bread with fruit jam
Sugar-coated cereals →	WIC cereals
Potato chips →	Popcorn or pretzels
Sour cream →	Non-fat sour cream or non-fat plain yogurt

*Can I exercise when I am pregnant?*

Most pregnant women can exercise. Walking and other activities such as swimming can help you feel good and keep your weight under control. Physical activity is also good for your growing baby. Talk with your doctor about what is best for you.

# Stay on TRACK with your weight

Based on my pre-pregnancy weight of \_\_\_\_\_,  
**my weight gain goal for my pregnancy is 11-20 lbs.**

TODAY'S DATE	WEEKS OF PREGNANCY	TODAY'S WEIGHT	AMOUNT OF WEIGHT GAIN*

\* Amount of weight gain = Today's weight minus pre-pregnancy weight

If you're in the pink zone, your weight gain is on track. 

